

Foodnity Recipes

Cheesy Chicken Enchiladas

20 min Prep time	**30 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Chicken Filling

- [ ] 2 cups cooked, shredded chicken
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon ground cumin
- [ ] 1/2 teaspoon onion powder
- [ ] 1/4 teaspoon chili powder
- [ ] Salt and pepper to taste

Assembly

- [ ] 12 small flour tortillas, 6 in.
- [ ] 2 cups enchilada sauce
- [ ] 1 cup shredded cheddar cheese
- [ ] 1 cup shredded Monterey Jack cheese
- [ ] 1 cup shredded Mexican blend cheese for topping
- [ ] 1 tablespoon olive oil

Garnish

- [ ] 1 cup salsa
- [ ] 1/2 cup sour cream
- [ ] 2 tablespoons chopped cilantro
- [ ] 1 cup shredded Mexican blend cheese for garnish (optional)

Instructions

1. First things first, let's get that oven warming up. Go ahead and preheat your oven to 375°F (190°C) so it's ready when we are.
2. In a medium bowl, gently toss together your 2 cups cooked, shredded chicken with the 1 teaspoon garlic powder, 1 teaspoon ground cumin, 1/2 teaspoon onion powder, 1/4 teaspoon chili powder, and a bit of salt and pepper. Just set that aside for a moment.
3. Now, we need to soften those 12 small flour tortillas, 6 in. so they don't break on us. You can wrap them in a damp paper towel and microwave for 15–20 seconds, or if you have a moment, heat them in a dry skillet for about 30 seconds on each side.
4. Time to fill. Spoon about 2 tablespoons of the 2 cups enchilada sauce right into the center of each tortilla. Then, add 2–3 tablespoons of your seasoned chicken mixture and a little sprinkle—about 1 tablespoon—of the 1 cup shredded cheddar cheese.
5. Carefully roll the tortilla up tight, keeping the seam side down. Place them cozy and close in a 9×13-inch baking dish that's been greased with 1 tablespoon olive oil.
6. Once they're all tucked in, pour the remaining enchilada sauce over the top. I like to make sure every single roll is well-coated so they stay juicy.

7. Now for the best part—the cheese. Evenly sprinkle over the remaining 1 cup shredded cheddar cheese, 1 cup shredded Monterey Jack cheese, and the 1 cup shredded Mexican blend cheese for topping.

8. Pop them in the oven uncovered for 20 minutes. Then, wow, we want a bit of a crust, so broaden the heat to 200°C and broil for 1-2 minutes until the top is golden-brown and bubbly.

9. Take them out and let them rest for about 5 minutes—it's hard to wait, I know, but it helps them set. Then, garnish with the 2 tablespoons chopped cilantro, a dollop of 1/2 cup sour cream, and a spoonful of 1 cup salsa.

10. Serve these up with some fresh lime wedges and maybe a side of Mexican rice or black beans for a proper family dinner.

Nutrition per serving

480 kcal	31 g	32 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Warming the tortillas is a must to prevent cracking.
- Letting the dish rest for 5 minutes ensures clean servings.
- Broiling at the end gives that beautiful golden cheese finish.